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**Citation for published version:**

Paterson, M, McKinstry, B, Cumming, G & Payne, E 2017, 'Scale-up BP: supervised self-monitoring of blood pressure', NHS Scotland 2017 Event, 21st June, 21/06/17 - 21/06/17.

**Link:**

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# Scale-up BP: supervised self-monitoring of blood pressure

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## Background: The problem in GP practices

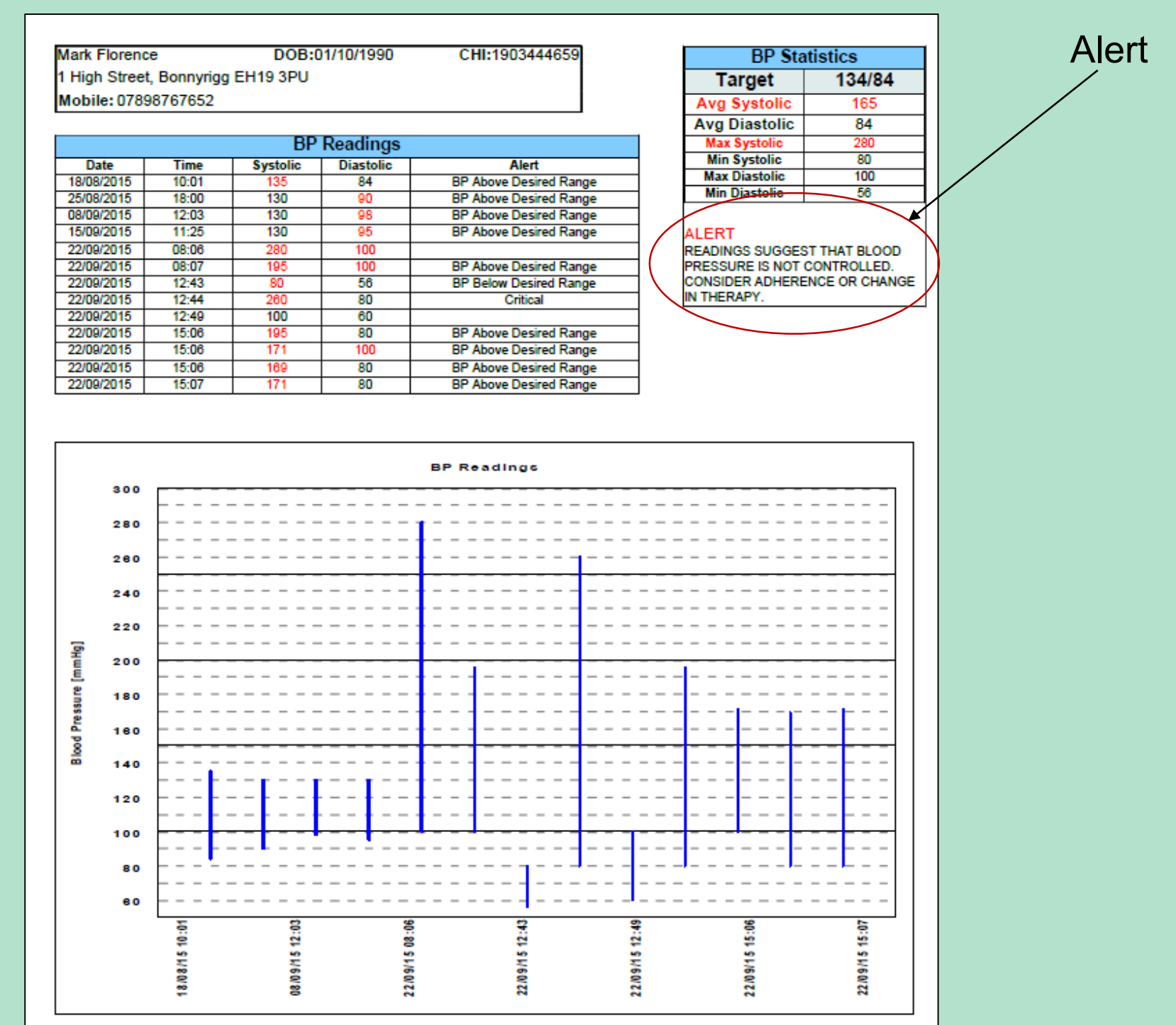
- GP practices are struggling to maintain services
- BP measurement is a major use of GP and practice nurse time
- Telehealth data are not linked to the practice systems
- Clinicians can have problems accessing telehealth websites and so are reluctant to scale up telemonitoring systems

## Methodology 1: A patient centred solution

- Patients are issued with a BP monitor
- Patients sign a consent form to acknowledge that this system does not replace their GP and nurse care
- Patients are sent a text reminder to take BP at home
- Patients text their reading to a website using the Simple telehealth Florence system<sup>1</sup>



## Methodology 2: The report solution for practices



- **Docman reports** of the readings are created
- Reports are reviewed by the GP or practice nurse monthly or 3 monthly
- BP readings and an average are displayed
- An alert is shown when the target is not met, with advice to consider intervention

## Aims and objectives

- Patient self-management is supported
- Patient health is improved by identifying over and under treated BP
- A partnership approach is developed between the patient and clinician
- Staff have access to reliable information
- Time is freed up for clinicians

## Results: Positive feedback from patients and GP practices

- 50 practices in Lothian have been recruited
- Over 850 patients are home monitoring BP and texting readings
- Patients appreciate the convenience of the system
- Staff value the reports delivered through routine information systems
- The need for GP visits is reduced
- A positive contribution is made to improving patient care in the community

